



Strike group commander: ships ready to assist

By JO1(SW) JOAQUIN JUATAI
Penny Press Staff

The Abraham Lincoln Carrier Strike Group (ALCSG) cleared the Strait of Malacca and entered the Indian Ocean Dec. 31st, ready to get on station and begin relief operations in the tsunami-stricken region according to strike group commander, Rear Adm. Doug Crowder.

"The whole crew's excited about rolling their sleeves up and doing whatever we can as a Navy to help alleviate all the suffering that these countries have had as a result of the tsunami," said Crowder. "We're ready to go, we've headed to our station and are ready to get to work just as soon as possible."

According to Crowder, Sailors from each strike group unit are being polled to find out what kind of extra skills they may be able to offer relief efforts.

"We're looking at what sort of teams we can put ashore – from medical to civil engineering, we've got carpenters, electricians and that sort of thing on board," he said. "We've canvassed the crew to



Photo by PHAN Patrick Bonafede

USS Abraham Lincoln (CVN 72) steams through the South China Sea on its way to assist in tsunami recovery efforts in the Indian Ocean region.

find out what kind of talents they have outside of their particular rating. We have some big 'deuce-and-a-half' truck drivers and guys who know how to push big, heavy equipment around. We're making a list of all those kind of capabilities."

One of the major assets the Abraham Lincoln Carrier Strike Group brings with it is the SH-60 Seahawk helicopters belonging to Helicopter Anti Submarine

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Lincoln CSG answers call for humanitarian assistance

By JOC(SW) DOUGLAS H STUTZ
Penny Press Staff

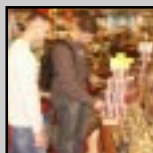
ABOARD USS ABRAHAM LINCOLN, At sea — In response to requests for assistance by governments in the region, U.S. Seventh Fleet has directed the USS Abraham Lincoln Carrier Strike Group to proceed Dec. 28 from a recent port visit to Hong Kong to assist in humanitarian help and disaster relief missions in the wake of the recent Indian Ocean tsunami.

A massive 9.0 magnitude underwater earthquake in the In-

dian Ocean off the coast of Western Indonesia Dec. 26 generated the tsunami, which impacted across southern Asia and as far as the African coastline of Somalia. The areas hardest hit are Sri Lanka, India, Indonesia and Thailand. Casualty figures continue to rise. The exact number of people killed, injured, or missing is currently impossible to confirm as hundreds are still unaccounted for in many coastal regions.

The Lincoln CSG brings personnel and equipment to lend

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Local Stories

Spotlight Sailor



PNSN Emery S. Torres
VAW-116 / Line Division

Hometown: Lemoore, Calif.

Date Torres joined the Navy: July 30, 2001

Why did you join the Navy: "I wanted to travel."

What do you like best about your job: "I like to work with people. I get to work with different people in almost all the shops and squadrons."

Something Torres is looking forward to: "I would like to make third class."

Advice to new Sailors: "Try your best and do what you are told."

AD1(SW) Jimmie I. Fadness, Torres' LPO, talks about his 'Spotlight Sailor': "His quality of work is impeccable. I can send him out on a job, and when he says it's done I can trust that it is."

"As a qualified plane captain, I launch and recover aircraft, do daily turn around inspections, maintain the condition of the aircraft, and service the fuel and oil."



ATTENTION ON DECK!!!

Naval Academy seeks applicants

The U.S. Naval Academy is seeking applicants for the class of 2009, which forms up in June 2005. Sailors with strong academic and military backgrounds are encouraged to apply. Information can be found on the web at www.usna.edu, in ALNAV 090/04 or at the Educational Service Office at J-7025.

DAPA Note

The use of marijuana can impair short-term memory, verbal skills and judgment and distort perception. It also may weaken the immune system and possibly increase a user's likelihood of developing cancer.

Safety Note

Several mishaps occur while personnel are transiting ladders with both hands full. A reminder to all hands; keep at least one hand on the handrail and proceed slowly. "One hand for the ship and one for yourself."

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The "Penny Press" could not happen without the hard work and shop pride of USS Abraham Lincoln's Photo Lab and Print Shop. Though you may not see all their names in this edition, it took many hands to make this product.

This Week in



January 6, 1916

The first class of enlisted men begins flight training at Naval Air Station Pensacola, Fla.

News

Planning contingencies for relief efforts a challenge for Lincoln Quartermasters

By JO1(SW) JOAQUIN JUATAI
Penny Press Staff

In the wake of the tsunami that devastated coastlines along the Indian Ocean, USS Abraham Lincoln (CVN 72) and its carrier strike group have followed orders from the Commander, U.S. Seventh fleet and sailed to the region to assist. Such a change in Lincoln's sailing orders has presented unique challenges, not only in the areas of logistics and supply, but for the ship's Navigation department as well.

According to Senior Chief Quartermaster (SW/AW/CM) John Trail, Leading Chief Petty Officer of Lincoln's Navigation department, planning for such a contingency operations in order to offer humanitarian aid has presented formidable

challenges.

"We've been tasked with various contingency plans," he said. Trail said that the chain of command has not determined Lincoln's exact course of action, so the ship's Quartermasters have had to develop multiple sailing scenarios.

"There was one plan to go south through the Strait of Malacca and up into the Indian Ocean on the Phuket side," said Trail. The Phuket area of Thailand was heavily damaged by the tsunami.

"Another such plan was to go into the Gulf of Thailand and relay supplies from bases (in the) east to the carrier and then have the supplies flown to the west coast of Thailand."

All these contingency plans call for some serious preparation by the Quartermasters, who are responsible for the safe navigation of the ship.

"I've been coming up with various time frames and distances to various points west where we may have to go," said Trail. This included taking into consideration the dangerous waters such as the area of the Spratley Islands, the northeast monsoon and heavy weather heading into the area, different national sensitivities, heavy sea-traffic lanes between Hong Kong and Singapore, even the time of day the Abraham Lincoln Carrier Strike Group reached the Strait of Malacca in order to transit safely, according to Trail.

"We've got a tremendous amount of charts to correct and tracks to lay and a



Photo by PHAN Patrick Bonafede

QM1(SW/AW) Eric Anderson, from Lebanon, Ore. (left), and QMCS(SW/AW) John Trail, from Portsmouth, Va., plot and verify a course on a chart.



Photo by PHAN Patrick Bonafede

QMSA Derek Scott, from Detroit Lakes, Minn., enters chart plot times into a log book. The plot times are used to verify course accuracy.

lot of contingency plans and scenarios to come up with," he said. "It changes hourly, so we're standing by and it's a lot of work."

According to Trail, the ultimate outcome, offering assistance to the people in dire need of relief after the devastation left in the wake of the tsunami is worth the effort.

"It's a lot of work, but it's worthwhile to help everybody."

Lincoln has currently taken up station in the waters of Indonesia and Thailand to begin helping those in need in the aftermath of the tsunami.

Local News

Lincoln crew ready to lend a hand in reconstruction efforts

BY JOC (SW) DOUGLAS H. STUTZ
Penny Press Staff

On USS Abraham Lincoln's (CVN 72) previous deployment, crewmembers found themselves at the forefront of the joint coalition effort to alleviate tyranny in Southwest Asia. During this deployment, Abraham Lincoln, flagship of Rear Adm. Doug Crowder, and center of the Abraham Lincoln Carrier Strike Group (ALCSG), is yet again at the forefront. This time Lincoln and Carrier Air Wing Two crewmembers are helping in another joint effort – this time working to alleviate the suffering of tens of thousands along coastal stretches of Southeast Asia.

On Dec. 26, a 9.0 magnitude earthquake, centered off the western Indonesian island of Sumatra, generated a massive and deadly tsunami that ravaged coastlines from Indonesia and Thailand to the east Africa littoral of Somalia. When the quake hit, Abraham Lincoln, commanded by CAPT Kendall L Card, was wrapping up a port visit to Hong Kong. The next morning of Dec. 27, ALCSG, which also consists of USS Shoup (DDG 86), USS Benfold (DDG 65), USS Shiloh (CG 67), and USNS Rainier (T-AOE 7), immediately weighed anchor and steamed to the stricken area to provide humanitarian assistance and disaster relief wherever they could.

"The support from everyone on board has been overwhelming," said Master Chief John R. O'Banion, Lincoln Command Master Chief. "We've had shipmates from the outset calling up ready to respond for any kind of help. We've even had some want to organizing donation drives on board."

According to O'Banion, crewmembers are being given the chance to help any way they can. "We're in the process of screening candidates using a volunteer data-base for specific skills," the Kansas native explained. "We're asking



Photo by JO1 Michael Murdock

HT2 Gerald Thorson, of Abraham Lincoln's (CVN 72) Pipe Shop, inventories pipe that may be used during the tsunami recovery effort.

crewmembers to step forward with such skills as carpentry, plumbing, electrician, even foreign language capability. If there is any possibility that we can put our people ashore to lend hands-on support in any type of needed reconstruction efforts, we want to be able to get as many of our crew with those needed skills where they will best be utilized."

"The support from everyone on board has been overwhelming."

MASTER CHIEF JOHN R. O'BANION
Lincoln Command Master Chief

The technicians and craftsmen of Engineering Department's Repair Division are ready to bring their collective and individual skills whenever they are called upon.

"We got the biggest bunch, about 20, that are ready to go ashore to assist,"

mentioned Hull Technician Chief James Cook, Repair Division Leading Chief Petty Officer. "We got construction and masonry workers, welders, plumbers, and also three heavy equipment operators. We also got technicians who can speak Tagalog, German, French, Spanish and Chinese. We're ready to send teams in, and rotate them out."

Cook, from Los Angeles, Calif., also attests that his division has been busy inventorying every supply item they currently have in stock. From piping and tubing, to board lumber and nails, and from complete commodes and associated toilet seats to valves and couplings, they aim to bring as much as they can to help out.

"We're more than willing to give our supplies up," Cook noted. "We'll keep just what we need to see us home."

But before home, Lincoln's Repair Division, as well as the rest of the crew, stands ready to reconstruct what little home remains of others along the coastline of SE Asia.

Local News

Lincoln Medical Department prepares to assist following tsunami disaster

By JO1 MICHAEL MURDOCK
Penny Press Staff

ABOARD USS ABRAHAM LINCOLN (CVN 72) – Members of USS Abraham Lincoln's (CVN 72) Medical Department are busy preparing for the ship's arrival in the area affected by the Indian Ocean tsunami disaster. According to Cmdr. Jamin T. McMahon of Gig Harbor, Wash., Lincoln's Senior Medical Officer, the department is making sure their members are ready handle any task that may be asked of them.

"We're ensuring that these folks are well prepared, their immunizations are up to date, and they are protected against potential tropical diseases," said McMahon. "Priority one will be providing protective gear, medications and supplies to keep them safe."

Since it is unknown exactly how the ship will be tasked to assist, members of the medical team are brainstorming multiple contingency plans.

"We have five chief petty officers, 12 officers and a staff of 36 enlisted that are trying to think out of the box and say what can we do," said Senior Chief Hospital Corpsman (SW) Richard W. Dentler of Portland, Ore., Lincoln Medical Department Leading Chief Petty Officer. "We are all pitching in and getting ideas from our experiences."

Mission possibilities the Medical Department is looking at include bringing victims aboard for shelter and medical treatment, sending teams ashore to render medical assistance, and helping to set up sanitation and disease control measures. Regardless of what they are finally tasked with, Lincoln's Medical Department knows they have the knowledge, training and staff to handle it.

"We have a plethora of training," said



Photo by JO1 Michael Murdock

HM3 Athan S. Allen, a resident of Nederland, Texas, and member of VFA-137, and HN Julia M. Doswell, a resident of Montgomery, Ala., and member of Lincoln's Medical Department, sort packages of medication that will be issued to Sailors who go ashore to assist with the tsunami recovery effort.

Lt. Chad J. Rees of Jupiter, Fla., Lincoln's Medical Administration Officer. "We have everything from an aviation medicine technician to general duty corpsmen (who are the Medical Department's jack of all trades), to our preventive medicine technicians. They are all going to be utilized in one shape or form."

"I need to emphasize that this is a team effort," said McMahon. "Every member brings to the endeavor a vital critical component that only that member can provide."

As Lincoln continues to steam toward

the disaster scene, McMahon went on to explain why he feels missions like this are important, and how proud he is of those who are ready to assist.

"I think as a human being, it is important for us to come to the aid of another human being," said McMahon. "I have been very impressed with the crew of this ship, the aircrew and the air wing, and how they have stepped forward and volunteered. There's that spirit of helping another human being that we have, and that's an important part of what we do in the Navy."

Sailors take in the sites during Hong Kong island tour

By JO1 MICHAEL MURDOCK
Penny Press Staff

Sailors love their shore liberty when they pull into a foreign port. Many ports offer once in a lifetime opportunities to see famous or historic sites in exotic locations. Unfortunately, a lack of local knowledge and language barriers often make exploration of a liberty port difficult. Thankfully, the Sailors of USS Abraham Lincoln (CVN 72) and Carrier Air Wing TWO have ship's Morale, Welfare and Recreation (MWR) Office. The MWR Office does everything from organizing shipboard recreational events and issuing recreational gear, to scheduling activities and tours when Lincoln visits a foreign port.

During Lincoln's recent visit to Hong Kong, the MWR Office organized a number of tours for the ships crew. Lincoln MWR also decided to help out the other ships in the Carrier Strike Group since they are too small to have a dedicated MWR staff of their own.

"We sent the other ships the information, and invited them to join us," said DCC(SW) Jody Dellinger, USS Abraham Lincoln's MWR Office Leading Chief Petty Officer.

One of the tours MWR organized was 'Hong Kong Around Island Tour'. The tour visited several of Hong Kong's most popular tourist destinations including Man Mo Temple, Hong Kong's famous Peak Tram, the fishing village of Aberdeen and the bustling Stanley Market. Two bus loads of Sailors from the ships of Abraham Lincoln Carrier Strike Group left the Fleet Landing at Hong Kong's Fenwick Pier Dec. 27 to take in the sights.

The first stop was Man Mo Temple.

Tucked into a corner of a modern thriving neighborhood, the temple is one of the oldest in Hong Kong and dates back to the early years of British rule in the 19th century. After snapping a few photos it was off to the next tour destination, Hong Kong's Peak Tram.

The Peak Tram makes a steep eight-minute trip up to the top of Victoria Peak (one of Hong Kong's tallest hills). At the top Sailors had the opportunity to take photos of the mist-shrouded city below and do a little shopping.

Within an hour everyone was back on the bus and headed for Aberdeen harbor, the location of the world famous Jumbo floating restaurant and Aberdeen Fishing Village. Once in Aberdeen everyone boarded sampans (a wooden boat traditional to South East Asia) for a trip around the harbor. The 30-minute trip

took the Sailors past the floating restaurants and around the many large sampans and fishing boats that make up the village.

Once back on shore, it was time to board the busses again and head to the open air Stanley Market place. Tiny storefronts and kiosks line the narrow streets and alleyways that make up the Stanley Market, and the Sailors enjoyed the opportunity to shop for souvenirs and gifts for loved ones at home. Overall, the Sailors who participated enjoyed seeing the sights and doing a little shopping during the tour.

"It was a good tour, and I got to see a lot," Aviation Electronics Technician Airman Ashley Williams, of Lincoln's, Aircraft Intermediate Maintenance Department. "It was better than trying to find the places on your own."



Worshippers light incense in front of a shrine at Man Mo Temple.

Photo by JO1 Michael Murdock

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Photo by JO1 Michael Murdock

AW) Jason Sapp (left) and Devin Ellis, both of Lincoln's Operations Department shop for gifts at a store on Victoria Peak.



Photo by JO1 Michael Murdock

AVCM(AW/SW) Robert Banner, VFA-82, takes in a mist shrouded view of Hong Kong from the Peak.



Photo by JO1 Michael Murdock

Scott Rhead (front) and AN Andy Chiuppi, both of Lincoln's Air Department, look at souvenirs at a door stand on Victoria Peak



Photo by JO1 Michael Murdock

A sampan loads passengers at a dock in Aberdeen Harbor.



Photo by JO1 Michael Murdock

Mr. Stephen Roberts and Cmdr. Steve Bristo, both of Abraham Lincoln's Operations Department, enjoy a sampan ride through Aberdeen Harbor.



Photo by JO1 Michael Murdock

GM3 Joana Duran and SN Marianne McIntyre, both members of USS Shoup (DDG 86), stand in front of a gilded door at Man Mo Temple.



Photo by JO1 Michael Murdock

The street leading to the Stanley Market bustles with shoppers.

Local News

Navy's best ready for worst-case scenario

BY JO3 DAVE POE
Penny Press Staff

As Sailors across the Abraham Lincoln Carrier Strike Group (ALCSG) prepare for humanitarian efforts in the wake of Southeast Asia's earthquake-born tsunami Dec. 26, one group is getting ready in a different way. Helicopter Anti-Submarine Squadron Two's (HS-2) Search and Rescue (SAR) swimmers are training to do anything and everything they possibly can for the tens of thousands of people victimized in the ravaged region.

According to Aviation Warfare Systems Operator 2nd Class(AW/NAC) Cory Merritt, an HS-2 SAR swimmer, the 24-man team, deployed aboard USS Abraham Lincoln (CVN-72), the flagship of ALCSG, is polishing up on all their live-saving skills. Skills that may be essential in the effort to render aid.

"In the last 48 hours we've really had a big jump in our focus and what we're training for," said Merritt. Where their previous mission centered around ALCSG's surge deployment needs, they're now investigating what will be needed as they surge toward Southeast Asia.

SAR swimmers are extensively trained in emergency medical procedures. The knowledge they have will undoubtedly be an asset to the combined humanitarian mission.

"Our medical training is being amped up on a daily basis," said the Troy, Mich., native. "The scenarios are focusing more on whatever we may encounter when we leave the ship."

Trained in areas ranging from basic first aid, to CPR and protecting themselves from blood-borne pathogens, Merritt said HS-2's SAR swimmers are ready and willing to do what's needed.

"There's going to be a lot of sickness and disease over there due to all the devastation," said Merritt. "As certified first



Photo by JO1 Michael Murdock

A helicopter from HS-2 lifts off from the deck of USS Abraham Lincoln (CVN-72), as two others are prepared for flight. Lincoln's helicopter squadrons began flying missions in support of tsunami recovery efforts the morning of Jan. 1.

responders, if anyone is in serious harm or danger, we'll do whatever we can to keep them alive as long as we need to."

The rescue swimmer also said his crew is ready to be some of the many faces in the crowd needed to simply transport much-needed materials to the region.

"We're now looking more at the logistics aspect of the effort. We're looking into exactly how we're going to bring supplies and how we can use our aircraft to support any operations in that aspect."

While they wait for word on what their exact role will be in the humanitarian mission, they're getting ready for anything, tactically or emotionally, the aftermath of Dec. 26 may bring.

Aviation Warfare Systems Operator 2nd Class(AW/NAC) Steven Alcaraz, a fellow HS-2 SAR swimmer from Corona, Calif., trusts in his training and feels it will guide him regardless of the dire circumstances he may see in the probable fu-

ture.

"We train regularly and we're ready," said Alcaraz, "I'm not worried about that."

Though few in the SAR community, have seen a scenario of this magnitude, Alcaraz said his teammates are prepared for the work that may be asked of them.

"I'm not too concerned about the amount of work ahead. I think once we get out there, the training will just kick in and we'll do our job," he said.

Although SAR swimmers are strictly focused on completing the mission they're tasked with, Alcaraz said the loss of human life on Dec. 26 isn't forgotten. He said he and his HS-2 shipmates are passionate about helping any way they can.

"Even if it's bringing them food and supplies to help these people get back on their feet, I think getting to help them in their time of need will be a good experience for us," said Alcaraz.

Features

The citizen Sailor: Improving your life by improving the lives of others

By LT. CMDR. EDWARD NASH
Special to the Penny Press

Serving in the United States Navy has offered me an opportunity to accomplish things that no one individual ever could on their own. I never thought that I would find anything that has proved to be as rewarding as serving my country. However, I discovered a way to serve my fellow man in a fashion that has given me as much satisfaction as any award, recognition or performance evaluation ever has. By volunteering my time to charitable causes I have discovered the true meaning of the word compassion. I have received a heart-felt thank you; I know what it feels like to change a life and to give someone hope where none remained. More than anything I have learned what it means to make a difference.

My first volunteer project was at an Elementary School north of Jacksonville, Florida. A group of sailors from King's Bay Naval Submarine Base and myself volunteered to participate in a "play day" for kids age's five to nine. There were no rides or fancy games for the kids, just a beanbag toss, some basketball goals and an area for reading to the children. What made that day so special for the kids was just the fact that we were there. What made it special for us were the smiles and laughs of the children, all because we took four hours out of our day to spend some time with them. We ate lunch in the cafeteria at little tables with tiny chairs, ate mixed vegetables and pizza and drank eight-ounce cartons of milk. Being around those kids rejuvenated me and showed me that

in a world where we often overlook the good things in life that the good things were all around us.

A few years later, aboard USS Abraham Lincoln, I was fortunate enough to participate in a massive food drive to benefit local shelters. In one month's time we received over 5,000 pounds of food, enough to serve thousands of meals to needy men, women and children. After the collection I wanted to see the fruits of our labor so I volunteered to serve meals at a local shelter. It was amazing! We say "thank you" everyday as a common courtesy, these people said it with all the gratitude those words could convey. It was a thank you that made you feel like a hero. All I had given was my time, two hours a day for twenty days collecting the food and then five hours a day for two weekends serving meals to hungry people. There is something remarkably rewarding about serving meals to those who would have nothing to eat if not for your efforts.

Every little bit helps, and if you can make time to get out there and give a little time here and there then you can see for yourself how much good you can do with your two hands. You can also see how wonderful the reward can be for such a modest investment. Imagine serving food to a hungry child; imagine what it's like to help those who have no place left to turn. The opportunities to make a difference are all around you. In your neighborhood, in your town, even in the ports that you and I visit. I encourage all of you to be a part of some volunteer project either overseas or when we return home. I guarantee it will be one of the most life changing decisions you can make.

Strike Group

Continued from page 1

Squadron Light 47 and Helicopter Anti Submarine Squadron 2 and the detachments aboard USS Shoup (DDG 86), USS Shiloh (CG 67) and USS Benfold (DDG 65).

"Our 'main battery' as I see it is our helicopters," said Crowder. "We have 19 helicopters in the strike group, which is considerable more than strike groups had in the past. There's going to be a lot of need for getting supplies and personnel back and forth to various places that have just been wiped out."

According to Crowder, as soon as assessment teams already sent to the region by the Department of Defense report to the Joint Task Force commander for relief efforts, assignments for ALCSG Sailors should start coming to the ship. From there, he said, small teams of individuals with the proper skills are being put together and are standing by to fly in to the affected areas and begin the work of recovery and repair.

"I walk around the ship," he said, "and there are people putting up their hands up in the air (and saying) 'I want to get over there and roll my sleeves up and help with

whatever I can.'"

"It's very sobering as we watch the pictures in the news and look at the imagery that we get. It's overwhelming, but you know how the American Sailor is – we're ready to get out there and help in any way that we can and we're excited about doing it."

ALCSG is the first carrier strike group to be surge-deployed under the Fleet Response Plan, and received word of their re-direction to the stricken region as they were leaving Hong Kong after a holiday port visit.

News

Lincoln Sailors go above and beyond for CFC

JO3 MICHAEL COOK
Penny Press Staff

Sailors aboard USS Abraham Lincoln (CVN 72) definitely got into the giving spirit by opening their hearts to numerous charities and contributing well beyond the command's established goal with the close of the 2004 Combined Federal Campaign (CFC).

In 2003, Abe Sailors raised nearly \$80,000 for various national and local charities and the 2004 campaign goal was \$85,000. Abe's Sailors proved to be even more generous than what was expected, surpassing their goal with a final total of more than \$145,000 raised for distribution to a variety of local and national organizations.

Ensign Robert Brown, Abe's Disbursing Officer and shipboard CFC coordinator attributes the remarkable fundraising of Abe's crew to 100-percent contact by the CFC representatives.

"Getting 100-percent (of the crew) contacted is actually more important than how much we raised," said Brown. "Sure, it's great to raise as much money as possible, but it's even more important to give everyone the opportunity to contribute. I think what really did it this year was the dedication of the departmental CFC reps. They were the one's who hit the deck plates and got people excited about giving"

While Abe's accomplishment is remarkable by all means of the imagination, Brown hopes 2005 will bring another record-breaking campaign.

"It's all for charity and I'm a big proponent of that. So naturally I hope they shatter (2004's) figure and get their 100-percent contact within the first week."

With the CFC campaign completed, the entire crew is now gearing up for another even more vital operation; the humanitarian assistance and disaster relief for displaced persons in Thailand and Indonesia. And like the CFC campaign, Lincoln's crew will again be involved 100 percent.

City of Everett honors Naval Station as employer of the year

By JO1(SW) DANIEL SANFORD
Naval Station Everett Public Affairs

NAVAL STATION EVERETT, Wash. (NNS) — The City of Everett Commerce(COC) named Naval Station Everett the Employer of the Year at the city's 2004 Night of Stars annual awards gala Dec. 9.

Since the facility opened April 8, 1994, it has become an integral part of the local community. It's currently the second largest employer in Snohomish County and employs more than 6,300 Sailors and civilian employees with a payroll that exceeds \$180 million.

"I think the award demonstrates the standing Naval Station Everett has with our community," said NAVSTA Everett Executive Officer, Cmdr. Steven McLaughlin. "It shows the partnership between the city, local businesses and the Sailors and employees from the station."

"We love having Naval Station Everett here," said U.S. Rep. Rick Larsen, D-Wash. "We want it here. And more importantly, the people who serve, both mili-

tary and civilian, are amazing contributors to the community. I think the award from the chamber is in recognition for the station's commitment and contribution to the Everett community."

Indeed, a city of Everett study claims that NAVSTA Everett accounts for 2.8 percent of jobs in Snohomish County, second only to Boeing.

But besides healthy employment numbers, NAVSTA Everett is also very active throughout the local community. Every year, hundreds of Sailors and station employees take part in volunteer events throughout the county. In just the past year station personnel took part in more than 50 volunteer projects that exceeded 1,400 total man-hours.

"Our Sailors have taken part in projects ranging from well known programs like Habitat for Humanity to simply helping an elderly woman move into a retirement home," said NAVSTA Everett Public Affairs Officer, Jeanie Kitchens. "The Sailors consider Everett their home and they're often eager to make their home even better."

Perhaps most telling is the recent arrival of the newly homeported guided missile destroyer, USS Momsen (DDG 92)

More than a third of the ship's crew is made up of Sailors who previously served aboard Everett-based ships or commands. These Sailors, eager to return to the city they love, took orders to the ship while it was being constructed because they knew it would eventually be homeported in Everett.

Pat McClain, Everett's director of governmental affairs, says this isn't the first time the station has received such recognition.

"This is the second time the station has received an award like this," he said. "In 1999, Snohomish County honored the station with Employer of the Year."

"I think the award represents the quality the station has brought to the community," said McClain. "Judging by the stellar way it treats its employees and the way it responds and interacts with the community, the station has shown itself to be a class act and we're certainly thankful for that."

Features

Start the New Year on a positive note!

By **FLTCM(AW/SW)**

JONATHAN R. THOMPSON

U.S. Fleet Forces Command Master Chief

The weeks of activity gearing up for the holidays are finally behind us and it's time once again to find some normalcy.

For many of you, I suspect the transition out of the holiday season will come easily. After a period of rest and relaxation most of you are ready to get back to work with a renewed sense of purpose.

Having said that, some of you may find getting back into the everyday groove can be a chore. Why? I suspect there are lots of different reasons. Most likely, you, like millions of others, will soon regret the excesses of the season: too much food, too many sweets, too many commitments, — just too much everything. And now it's time to pay the dues.

Shipmates, when the numbers on the scale (or the credit card bills) start weighing you down, how do you cope? When seasonal depression leaves you feeling exhausted, stressed or down and out, what do you do to recover?

The remedy, I believe, lies in regaining a positive outlook and putting things

in their proper perspective. But for recovery to take place, you may need to break away from some of habits you've adopted and implement a different regime. Remember, a new year means another chance to live your life to the fullest.

The best way I've found to get out the "rut" is to refocus on the basics.

First and foremost, take care of yourself. By that, I mean put into practice all the things that promote a healthy lifestyle. You know the pitch: get plenty of rest, exercise regularly, watch your diet, etc. Shipmates, I'll admit most of you may view this as simply common sense. But let me ask you, do you really expect to focus on the task at hand when you're not feeling your best? By adopting a healthy lifestyle, you'll be helping yourself and serving as a good role model for others.

Taking stock in the future is also important. In regard to your finances, education, and career, what's your plan for the future? Now's a great time to re-evaluate where you are and where you're headed. The start of a new year is the right time to identify the things you really want to achieve in 2005.

While you're at it, why not ask yourself where you'd like to be five to ten years from now. We all have



desires in life, so why not take that vision and make it a personal goal? Then get started making it happen!

If, by chance, you actually made a New Year's resolution, what are you doing today to motivate yourself so you don't wind up with just another unfulfilled promise? I've believe one of the best ways to remain focused and committed to a goal is to put it on paper.

Mapping out your goals though a written "action plan" is another good motivation technique that allows you and others to monitor your progress. Although you might be tempted not to share your goals with others, don't give in. Support from friends, family and co-workers can often provide the positive reinforcement we need to keep us on track.

Shipmates, remember that balance, variety and moderation apply to most things in life. Now's the time to set your life goals for 2005 so you can enjoy the holidays next year!

Assistance

Continued from page 1

help and support in needed areas such as search and rescue operations, delivery of food, water and medicine to stabilize life-threatening situations, provide limited transportation of displaced persons to designated areas from areas inaccessible to host nation transportation assets, and engineer support for sanitation and mobility to affected areas.

The Lincoln CSG consists of the cruiser USS Shiloh (CG 67) and destroyer USS Benfold (DDG 65), both homeported in

San Diego. Other ships include Everett, Wash.-based destroyer USS Shoup (DDG 86), and Bremerton, Wash.-based fast combat support ship USNS Rainier (T-AOE 7). Abraham Lincoln is the flagship for the strike group commander, Rear Adm. Doug Crowder, Commander, Abraham Lincoln Carrier Strike Group. Abraham Lincoln is also home to Commander, Destroyer Squadron 9, commanded by Capt. Jon W. Kaufman, and Commander Carrier Air Wing 2, commanded by Capt. Lawrence D. Burt.

Capt. Kendall L. Card, of Fort Stockton, Texas, commands USS Abraham Lincoln at the center of the strike group.

Editor's Top 10

Top 10 : Electronics purchases we avoided in Hong Kong.

10. Disposable rechargeable batteries.
9. A tester for your battery tester.
8. A face slapping alarm clock.
7. The MP-5 player.
6. Antique digital cameras.
5. Left-handed computer keyboards.
4. Remote control computer mouse.
3. Oscillating straight razors.
2. The EZ Bake Sushi Oven.
1. The Mao Tse Tung Edition Karaoke Machine (So you can start your own cultural revolution at home).



Shipmates

The strength of a warship lies in the hearts and the hands of it's crew.



Photo by JO1 Michael Murdock

HM1(SW/AW) Ronald Racela, of USS Abraham Lincoln's (CVN 72) Medical Department, administers a PPD injection to AM1(AW) David Frees, of VFA-151. The Medical Department reviewed medical records, administered shots, dispensed medication and provided a health brief to Sailors of Lincoln and Carrier Air Wing TWO who would be going ashore to assist with tsunami recovery efforts.

"Rise and Shine"

BY QMCS(SW/AW) J. TRAIL
Special to the Penny Press

Ahoy there! I know most of you have heard the term "rise and shine" and "show a leg", well the first bit of lingo came from the days when ships used to hold "clampdown" at or before reveille. The Sailors would turn out with their "brass rags" and swabs to titivate the ship. Part of which was shining all the brasswork onboard. As most Seaman shared there cleaning rags with their "Oppo" (best friend), they worked together. If they had a falling out, it was said that they "parted brass rags". Show a leg came from the days of sailing ships during the Napoleonic wars when most Seaman were not allowed to go on shore leave (liberty), so their



wives or girlfriends would be brought out to the ship to stay the night. The next morning as not to topple the women out of their hammocks with the Sailors the Boatswains mates would yell "show a leg" so he could identify male from female.